Fall Winter 2021-2022

Minimum of 3500 calories daily
A choice of Skim or 1% milk will be offered at breakfast & lunch



| MONDAY   | TUESDAY                                 | WEDNESDAY   | THURSDAY  | FRIDAY                                      | SATURDAY   | SUNDAY                                   |
|--|---|---|---|---|--|--|
| eal Name: Breakfast                              | Apple                                   | Orange  | Banana  | Apple                                       | Orange   | Banana                                   |
| 1 each   |   | h 1 each  | 1 each  | 1 each                                      | 1 each   | 1 e                                      |
| nole Grain Waffles 2 eacl                        | 1 cu                                    |   | 1 each  |   | Toasted Oats Cereal 1 cup  | Bran Flakes Cereal                       |
| rup<br>2 flo:                                    | Breakfast Sausage (1 ozw each) z 1 patt | Grilled T. Ham y 1 ozw                                      | Jelly<br>1/3 fl oz                                    | Breakfast Sausage (1 ozw each) 1 patty      | Hard Cooked Egg 1 each   | LowFat Cream Cheese                      |
| sh Browns LF<br>1/2 cu                           | Lyonnaise Potatoes LF/LS 1/2 cu         | Whole Wheat Bread  1 slice                                  | Whole Wheat Bread 2 slice                             | Cottage Fries LF/LS                         | Grape Jelly 1/3 fl oz  | Whole Grain Bagel                        |
| 0% Apple Juice (4 oz)                            | Whole Wheat Bread                       | Cottage Fries LF/LS   | 100% Apple Juice (4 oz)                               | Whole Wheat Bread                           | Whole Wheat Bread  1 slice   | 100% Apple Juice (4 oz)                  |
| 1 each    Ik-Student Choice (Half Pint)   1 each | 100% Apple Juice (4 oz)                 | 100% Apple Juice (4 oz)                                     | Milk-Student Choice (Half Pint)  1 each 1 each 1 each | 100% Apple Juice (4 oz)                     | 100% Apple Juice (4 oz) 1 each   | Milk-Student Choice (Half Pint)          |
| i edu  | Milk-Student Choice (Half Pint)         | Milk-Student Choice (Half Pint)                             | i eaci  | Milk-Student Choice (Half Pint)             | Milk-Student Choice (Half Pint)  | 1 6                                      |
| eal Name: Lunch                                  | 1 eac                                   | h   1 each  |   | 1 each                                      | 1 each   |  |
| nole Grain Macaroni & Cheese (2.5                | Glazed BBQ Patty (3 ozw each)           | Sloppy Joe (3 oz gd turkey) LS                              | Whole Grain Mini Corn Dogs                            | CHICKEN (AP DICED) SALAD 4/2                | T. Ham   | Whole Grain American Goulash (2.5        |
| MA) 10 ozv<br>reen Beans LF                      | BBQ Sauce (scratch) LS                  | y 4 ozw<br>Whole Grain Hamburger Bun                        | 6 each  | (MMA) 4 ozw<br>Whole Wheat Bread            | 2 ozw<br>Pinto Beans LF  | MMA) 10<br>Green Beans LF                |
| 1/2 cuj  | 1 flo                                   | z 1 each  | 1/3 fl oz   | 2 slice                                     | 1/4 cup  | 1/2                                      |
| oleslaw Vinaigrette<br>1/2 cu                    |   |   | Pinto Beans 1 cup                                     |   | Whole Grain Brown Rice LF  | Garden Salad 1                           |
| hole Wheat Bread<br>1 slice                      |   | Carrots LF  | Garden Salad 1 cup                                    | Kettle Blend Mixed Vegetables LF<br>1/2 cup | Carrots LF 1/2 cup   | Ranch Salad Dressing 1/2                 |
| ople 1 eacl                                      | Broccoli LF                             | Apple 1 each  | French Dressing LF<br>1/2 fl oz                       | Apple 1 each                                | Creamy Coleslaw 1/2 cup  | Whole Wheat Bread                        |
| ilk-Student Choice (Half Pint)<br>1 eacl         | Potato Salad LF/LS                      | Milk-Student Choice (Half Pint)                             | Cinnamon Apples 1/2 cup                               | Milk-Student Choice (Half Pint)             | Whole Wheat Bread  1 slice   | Apple 1 o                                |
|  | Peaches (canned) 1/2 cu                 |   | 100% Orange Juice (4 oz)<br>1 each                    |   | Peaches (canned) 1/2 cup   | Milk-Student Choice (Half Pint)          |
|  | 100% Orange Juice (4 oz)                |   | Milk-Student Choice (Half Pint)                       |   | 100% Orange Juice (4 oz)   |  |
|  | Milk-Student Choice (Half Pint)         |   | 1 each  | 1   | Milk-Student Choice (Half Pint)  |  |
| eal Name: Dinner                                 | 1 eac                                   | h   |   |   | 1 each   |  |
| narbroiled Patty (3 ozw)                         | Meatballs (1/2 oz each)                 | Whole Grain T. Sausage & Cheese                             | Turkey Pot Pie (4 oz diced)                           | Oven Fried Breaded Fish Patty (3 ozw)       | Crispy Chicken Patty (3 ozw each)  | Spaghetti & Italian Sauce (4 oz gd       |
| 1 patty  | Gravy LS 6 eac                          | h Pizza 1 each Spaghetti & Italian Sauce (4 oz gd           | Mashed Potatoes                                       | Spaghetti w/ Tomato Sauce LS                | Gravy LS   | turkey) 12 Kettle Blend Mixed Vegetables |
| ravy LS<br>4 fl o                                | z 4 flo                                 | z turkey) 12 ozw  | 1 cup   | 2 cup                                       | 4 floz   | 1  |
| uGratin Potatoes LF/LS<br>1 1/2 cup              | Noodles 1 1/2 cu                        | Green Beans 1 cup   | Gravy LS 4 floa                                       | Kidney Beans 1 cup                          | Mashed Potatoes<br>1 1/2 cup   | Coleslaw Vinaigrette                     |
| sh Blend Vegetables<br>1 cuj                     | Garden Salad<br>1 cu                    | Garden Salad<br>p 1 cup                                     | Carrots 1/2 cup                                       | Garden Salad<br>1 cup                       | Green Beans 1/2 cup  | Fresh Baked Garlic Roll (3 ozw)          |
| aked Beans                                       | Ranch Salad Dressing                    | Homemade Italian Dressing                                   | Coleslaw Vinaigrette                                  | Homemade Italian Dressing                   | Hamburger Bun 1 each   | Whipped Margarine                        |
| amburger Bun                                     | Fresh Baked Roll (3 ozw)                | Fresh Baked Garlic Roll (3 ozw)                             | Bakery Biscuit (1/60 2@)                              | Fresh Baked Garlic Roll (3 ozw)             | Whipped Margarine  | Fresh Baked Snickerdoodle Cookie         |
| 1 eacl<br>hipped Margarine                       | Mhipped Margarine                       | h 1 each<br>Pasta Salad                                     | 1/30 cu<br>Whipped Margarine                          | Tartar Sauce                                | 1 ozw Fresh Baked Sugar Cookie (3 ozw)   | ozw) 1 Fruit Drink w/ Vitamin C          |
| 1/2 ozv<br>resh Baked Sugar Cookie (3 ozw)       |   |   | 1/2 ozw<br>Frosted Fudge Brownie                      |   | Fruit Drink w/ Vitamin C   | 1  |
| 1 each   | 1 eac                                   | h 1 ozw   | 1/60 cu   | 1 each                                      | 1 cup  |  |
| uit Drink w/ Vitamin C<br>1 cuj                  | Fruit Drink w/ Vitamin C 1 cu           | Fresh Baked Snickerdoodle Cookie (3 ozw) 1 each             | Fruit Drink w/ Vitamin C                              | Fruit Drink w/ Vitamin C                    |  |  |
|  |   | Fruit Drink w/ Vitamin C                                    |   |   |  |  |
| eal Name: Evening Sn                             | ack                                     | ı cup   |   |   |  |  |
| heese Crackers w/ Peanut Butter                  | T. Salami                               | String Cheese & Saltine Crackers (1                         | Turkey  | Cheese Crackers w/ Peanut Butter            | Peanut Butter  | T. Ham                                   |
| 1 eacl   | Mayo-Type Dressing                      | v each / 3 pks of 2) 1 serving Strawberry Yogurt Cup (4 oz) | 2 ozw   | Applesauce 1 each                           | 3 tablespoon Grape Jelly   | Cheese 2                                 |
| 1 cup<br>00% Orange Juice (4 oz)                 |   | z 1 each  | Flour Tortilla (6")                                   |   | Shape solly 3 floz Enriched Bread  | Enriched Bread                           |
| 1 eacl   | n 2 slic                                |   | 2 each  |   | 2 slice  | 2  |
|  | 100% Apple Juice (4 oz)<br>1 eac        | h   | 100% Apple Juice (4 oz)<br>1 each                     |   | 100% Apple Juice (4 oz)<br>1 each  | 100% Orange Juice (4 oz)                 |
|  |   | specifications, are weight measurements                     |   |   | ased upon approximate cooked weight r<br>e measurements. All starches, vegetab |  |

FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3 Q4

In accordance with ACA Standard (Ref. 5-ACI-5C-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings. Client's Signature: \_\_ \_\_\_\_ FLM Signature: \_\_\_

Reviewed 2/22

Aramark Dietitian's Signature:

## Fall Winter 2021-2022

Minimum of 3500 calories daily

A choice of Skim or 1% milk will be offered at breakfast & lunch



| Veek: 2  |   |   |  |   |  |   |
|--|---|---|--|---|--|---|
| MONDAY<br>leal Name: Breakfast   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY                                   | SUNDAY                                  |
| Apple 1 each   | Orange 1 each   | Banana 1 each   | Apple 1 each   | Orange 1 each                                 | Banana<br>1 each                           | Apple 1 eac                             |
| Vhole Grain Pancakes   | Whole Grain Waffles   | Sweetened Whole Grain Oatmeal LF  | Raisin Bran Cereal   | Cinnamon Oatmeal LF                           | Cinnamon Oatmeal LF                        | Toasted Oats Cereal                     |
| Syrup 2 each   | Syrup 2 each  | 1/2 cup Breakfast Sausage (1 ozw each)  | Whole Grain Breakfast Burrito                                    | Grilled T. Ham                                | Hard Cooked Egg                            | LowFat Cream Cheese                     |
| 2 floz<br>Hash Browns LF   | Cottage Fries LF/LS   | Whole Wheat Bread   | Hash Browns LF   | Cottage Fries LF/LS                           | Grape Jelly                                | Whole Grain Bagel                       |
| 1/2 cup<br>100% Apple Juice (4 oz)   | 1/2 cup<br>100% Apple Juice (4 oz)  | 1 slice<br>100% Apple Juice (4 oz)  | 1/2 cup<br>100% Apple Juice (4 oz)                               | Whole Wheat Bread                             | 1/3 fl oz<br>Whole Wheat Bread             | 1 eac<br>100% Apple Juice (4 oz)        |
| Milk-Student Choice (Half Pint)  | Milk-Student Choice (Half Pint)   | Milk-Student Choice (Half Pint)   | Milk-Student Choice (Half Pint)                                  | 1 slice<br>100% Apple Juice (4 oz)            | 1 slice<br>100% Apple Juice (4 oz)         | Milk-Student Choice (Half Pint)         |
| 1 each   | 1 each  | 1 each  | 1 each   | 1 each<br>Milk-Student Choice (Half Pint)     | 1 each<br>Milk-Student Choice (Half Pint)  | 1 eac                                   |
| leal Name: Lunch   |   |   |  | 1 each  | 1 each                                     |   |
| Baked Meatloaf (3 ozw each)  | Sloppy Giuseppe (3 oz gd turkey)  | Turkey 5 ozw  | Whole Grain T. Sausage & Cheese                                  | Hearty Spanish Brown Rice (2.5 MMA)<br>10 ozw | Glazed BBQ Patty (3 ozw each)              | Turkey                                  |
| 1 patty<br>Ketchup   | Whole Grain Hamburger Bun   | Mustard   | Pizza 1 each<br>Baked Beans                                      | Carrots LF                                    | Ranch Pinto Beans LS                       | 5 oz                                    |
| 3 fl oz<br>Boston Baked Beans LF   | Green Beans LF  | 1/2 fl oz<br>Whole Wheat Bread  | Coleslaw Vinaigrette   | Garden Salad                                  | Cottage Fries LF/LS                        | Whole Grain Macaroni LF                 |
| Whole Wheat Bread  | Garden Salad  | Pinto Beans LF/LS   | Garlic Whole Wheat Bread LF                                      | 1 cup<br>Italian Dressing                     | Broccoli LF                                | Carrots LF                              |
| 2 slice<br>Carrots LF  | 1 cup Italian Dressing  | 1 cup Kettle Blend Mixed Vegetables LF  | Apple 1 slice  | 1/2 fl oz<br>Whole Grain Flour Tortilla (10") | 1/2 cup<br>Whole Grain Hamburger Bun       | Garden Salad                            |
| 1/2 cup<br>Creamy Coleslaw   | 1/2 fl oz   | 1/2 cup<br>Cinnamon Apples  | Milk-Student Choice (Half Pint)                                  | Mixed Fruit (Canned)                          | 1 each                                     | Ranch Salad Dressing                    |
| 1/2 cup  | 1 each Milk-Student Choice (Half Pint)  | 1/2 cup   | 1 each   | 1/2 cup                                       | Milk-Student Choice (Half Pint)            | Whole Wheat Bread                       |
| Peaches (canned) 1/2 cup   | 1 each  | 1 each  |  | 1 each  | 1 each                                     | 1 slic                                  |
| 100% Orange Juice (4 oz)<br>1 each   |   | Milk-Student Choice (Half Pint)  1 each   |  | Milk-Student Choice (Half Pint)  1 each       |  | Mixed Fruit (Canned) 1/2 cu             |
| Milk-Student Choice (Half Pint) 1 each   |   |   |  |   |  | 100% Orange Juice (4 oz)  1 eac         |
|  |   |   |  |   |  | Milk-Student Choice (Half Pint)  1 eac  |
| Meal Name: Dinner  |   |   |  |   |  |   |
| Savory Rice & Peppers LS (4 oz gd turkey) 12 ozw   | Meatballs (1/2 oz each) 6 each  | Country Patty (3 ozw each)  1 patty   | Chili Mac LS (4 oz gd turkey)  12 ozw                            | Charbroiled Patty (3 ozw)  1 patty            | Chicken Nuggets WG 5 each                  | Baked Meatloaf (3 ozw each)  1 pat      |
| Green Beans 1/2 cup  | Gravy 4 fl oz   | Ketchup 1/2 fl oz   | Rice 1 1/2 cup   | Cheese 1/2 ozw                                | Tater Tots 1 cup                           | Gravy 4 fl c                            |
| BBQ Black Beans<br>1 cup   | Spaghetti 2 cup   | Black Beans & Rice 2 cup  | Garden Salad 1 cup   | Noodles with Garlic and Margarine 2 cup       | Macaroni & Cheese<br>1/2 cup               | Pinto Beans 1 cu                        |
| Garden Salad<br>1 cup  | Coleslaw Vinaigrette 1 cup  | Mixed Vegetables 1/2 cup  | Scratch Italian Salad Dressing<br>1 1/2 fl oz                    | Ranch Pinto Beans<br>1 cup                    | Garden Salad<br>1 cup                      | Cottage Fries 2 cu                      |
| Scratch Italian Salad Dressing 2 floz  | Fresh Baked Garlic Roll (3 ozw)  1 each   | Garden Salad<br>1 cup   | Southern Cornbread (1/60 2@)<br>1/30 cut                         | Kettle Blend Mixed Vegetables<br>3/4 cup      | Scratch Italian Salad Dressing 1 floz      | Kettle Blend Mixed Vegetables 1 cu      |
| Bakery Biscuit (1/60 2@)   | Whipped Margarine 1 ozw   | Scratch Italian Salad Dressing 2 floz   | Whipped Margarine 1 ozw  | Hamburger Bun 1 each                          | Fresh Baked Roll (3 ozw)                   | Fresh Baked Roll (3 ozw)                |
| Whipped Margarine 1 ozw  | Fresh Baked Sugar Cookie (3 ozw)  | Hamburger Bun 1 each  | Iced Yellow Cake 1/60 cut  | Mayo-Type Dressing 1/2 fl oz                  | Whipped Margarine 1 ozw                    | Whipped Margarine                       |
| Fresh Baked Oatmeal Cookie (2 ozw)  1 each   | Fruit Drink w/ Vitamin C  | Whipped Margarine   | Fruit Drink w/ Vitamin C   | Fresh Baked Sugar Cookie (3 ozw)  1 each      | Fresh Baked Oatmeal Cookie (3 ozw)  1 each | Fresh Baked Lemon Cookie (3 ozw)  1 eac |
| Fruit Drink w/ Vitamin C   | 1 cup   | Fresh Baked Lemon Cookie (3 ozw)  | i cup  | Fruit Drink w/ Vitamin C                      | Fruit Drink w/ Vitamin C                   | Fruit Drink w/ Vitamin C                |
| 1 cup  |   | Fruit Drink w/ Vitamin C  |  | 1 cup   | 1 cup                                      | 1 cu                                    |
| Meal Name: Evening Sna   | nck   | 1 cup   | I  |   |  |   |
| Cheese Crackers w/ Peanut Butter   | T. Salami 2 ozw   | String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving  | Turkey 2 ozw   | Cheese Crackers w/ Peanut Butter<br>1 each    | Peanut Butter 3 tablespoon                 | T. Ham                                  |
| Applesauce   | Mayo-Type Dressing  | Strawberry Yogurt Cup (4 oz)  | Cheese   | Applesauce                                    | Grape Jelly                                | Cheese                                  |
| 1 cup<br>100% Orange Juice (4 oz)  | 1/2 fl oz<br>Enriched Bread   | 1 each<br>100% Orange Juice (4 oz)  | Flour Tortilla (6")  | 1 cup<br>100% Orange Juice (4 oz)             | 3 floz<br>Enriched Bread                   | Enriched Bread                          |
| 1 each   | 2 slice<br>100% Apple Juice (4 oz)  | 1 each  | 2 each<br>100% Apple Juice (4 oz)                                | 1 each  | 2 slice<br>100% Apple Juice (4 oz)         | 100% Orange Juice (4 oz)                |
| All antrop portions numbers of fails   | 1 each  | pecifications, are weight measurements  | nrier to reheating. Conserving and con                           | phination itama made from a systal: !-        | 1 each                                     | 1 eac                                   |
| cookies, bread, rolls, and breadsti<br>prepared with margarine unless in<br>^This item made with mechanicall | cks made from mix or scratch are prior to<br>dicated as LF (Low Fat). No pork is used<br>y separated poultry used in accordance | b baking. Pancakes made from mix or s<br>d unless item is named pork. Imitation o<br>with USDA standards. | cratch are batter volume measurement heese with calcium is used. |   | e measurements. All starches, vegetab      | les, and cooked cereal are              |

Client's Signature: \_\_ Date:\_\_\_\_ \_\_\_\_ FLM Signature: \_\_

In accordance with ACA Standard (Ref. 5-ACI-5C-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

Reviewed 2/22

Aramark Dietitian's Signature:

### Fall Winter 2021-2022

### Minimum of 3500 calories daily

A choice of Skim or 1% milk will be offered at breakfast & lunch Final Rule Nutrition Standards in the National School Lunch Program (Grades 9-12) – Jan. 2012



Week: 3

| MONDAY<br>feal Name: Breakfa  | st           | TUESDAY                                       | WEDNESDAY  | THURSDAY                         |                 | FRIDAY                           |         | SATURDAY  | SUNDAY                       | ,              |
|-------------------------------|--------------|---|--|----------------------------------|-----------------|----------------------------------|---------|---|------------------------------|----------------|
| range                         | each         | Banana 1 eac                                  | Apple 1 each   | Orange                           | each            | Banana                           | each    | Apple 1 each  | Orange                       | 1 e            |
| veetened Whole Grain Oatme    |              | Whole Grain Pancakes 2 eac                    | Sweetened Whole Grain Oatmeal LF                                   | Toasted Oats Cereal              | cup             | Scrambled Eggs                   | ozw     | Toasted Oats Cereal 1 cup                             | Sweetened Whole Grain Oat    |                |
| eakfast Sausage (1 ozw each   |              | Syrup 2 fl c                                  | Whole Grain Breakfast Burrito                                      | Scrambled Egg w/ Cheese          | ozw             | Grape Jelly                      | 3 fl oz | LowFat Cream Cheese                                   | Breakfast Sausage (1 ozw e   | each)<br>1 p   |
| nole Wheat Bread              | 1 slice      | Lyonnaise Potatoes LF/LS 1/2 cu               | Cottage Fries LF/LS  | WG Flour Tortilla (6")           | each            | Whole Wheat Bread                | slice   | Whole Grain Bagel                                     | Whole Wheat Bread            | 2              |
| ttage Fries LF/LS             | 1/2 cup      | 100% Apple Juice (4 oz)                       | 100% Apple Juice (4 oz)  | Taco Sauce                       |                 | Grape Jelly                      | 3 fl oz | 100% Apple Juice (4 oz)                               | 100% Apple Juice (4 oz)      |                |
| 0% Apple Juice (4 oz)         | each         | Milk-Student Choice (Half Pint)  1 eac        | Milk-Student Choice (Half Pint)                                    | Lyonnaise Potatoes LF/LS         | acket<br>/2 cup | 100% Apple Juice (4 oz)          | each    | Milk-Student Choice (Half Pint)  1 each 1 each 1 each | Milk-Student Choice (Half Pi | 1<br>int)      |
| k-Student Choice (Half Pint)  | each         | i eac   | ii eacii   | 100% Apple Juice (4 oz)          | each            | Milk-Student Choice (Half Pint)  | each    | i eacii   |                              |                |
| ·                             | eacii        |   |  | Milk-Student Choice (Half Pint)  | each            | 1                                | eacii   |   |                              |                |
| eal Name: Lunch               |              |   |  | I I                              | eacii           |                                  |         |   |                              |                |
| Salami                        | 4 ozw        | Whole Grain Macaroni & Cheese (2.5 MMA) 10 oz | Chicken Nuggets WG 5 each  | Sloppy Joe (3 oz gd turkey) LS 4 | ozw             | T. Hot Dogs (1.5 oz each)        | each    | T. Ham 4 ozw  | Tex-Mex Taco Filling (3 oz g | gd turkey<br>4 |
| ayo-Type Dressing             | 1/3 fl oz    | Carrots LF 3/4 cu                             | Ranch Salad Dressing p 1/3 fl oz                                   | Carrots LF                       | /2 cup          | Mustard 1/2                      | 2 fl oz | Cottage Fries LF/LS 3/4 cup                           | Cheese Sauce                 | 1              |
| hole Wheat Bread              | 2 slice      | Garden Salad<br>1 cu                          | Whole Grain Dinner Roll p 1 each                                   | Garden Salad                     | cup             | Whole Wheat Hot Dog Bun 2        | each    | Garden Salad 1 cup                                    | Corn Tortilla 6"             | 2 (            |
| avy Beans LF/LS               | 1 cup        | French Dressing LF<br>1/2 fl c                | Parsley Potatoes LF  | Italian Dressing                 | 2 fl oz         | Baked Beans                      | cup     | French Dressing LF<br>1/2 fl oz                       | Whole Grain Brown Rice LF    | 1              |
| eamy Coleslaw                 | 1/2 cup      | Whole Grain Dinner Roll 1 eac                 | Kettle Blend Mixed Vegetables LF                                   | Whole Grain Hamburger Bun        | each            | Broccoli LF                      | 2 cup   | Whole Wheat Bread 2 slice                             | Shredded Lettuce             | 1              |
| ple                           | each         | Peaches (canned)                              | Apple  | Cinnamon Apples                  | /2 cup          | Apple                            | each    | Peaches (canned) 1/2 cup                              | Corn LF                      | 1/2            |
| lk-Student Choice (Half Pint) | each         | 100% Orange Juice (4 oz)<br>1 eac             | Milk-Student Choice (Half Pint)                                    | 100% Orange Juice (4 oz)         | each            | Milk-Student Choice (Half Pint)  | each    | 100% Orange Juice (4 oz)<br>1 each                    | Apple                        | 1              |
|                               |              | Milk-Student Choice (Half Pint) 1 eac         |  | Milk-Student Choice (Half Pint)  | each            |                                  |         | Milk-Student Choice (Half Pint) 1 each                | Milk-Student Choice (Half Pi | int)<br>1      |
| eal Name: Dinner              |              |   |  |                                  |                 |                                  |         |   |                              |                |
| azed BBQ Patty (3 ozw each)   | patty        | Country Patty (3 ozw each) 1 patt             | Spaghetti & Italian Sauce (4 oz gd<br>y turkey) 12 ozw             | Meatballs (1/2 oz each) 6        | each            | Mac & Cheese (4 oz gd turkey) 12 | ozw     | Chili Mac LS (4 oz gd turkey) 12 ozw                  | Crispy Chicken Patty (3 ozw  | each)          |
| oodles                        | 2 cup        | Gravy 4 fl.c                                  | Carrots 1 cup  | Cream Gravy 4                    | floz            | Peas 1                           | cup     | AuGratin Potatoes                                     | Noodles O'Brien              | 2              |
| avy                           | 4 floz       | AuGratin Potatoes                             | Pea & Cheese Salad   | Baked Beans                      | cup             | Coleslaw Vinaigrette             | 2 cup   | Mixed Vegetables 1/2 cup                              | Coleslaw Vinaigrette         | 3/4            |
| arden Salad                   | 1 cup        | Boston Baked Beans LF                         | Garden Salad   | Coleslaw Vinaigrette             | /4 cup          | Buttermilk Biscuits (1/60 2@)    | 30 cut  | Southern Cornbread (1/60 2@) 1/30 cut                 | Ranch Pinto Beans            | 1              |
| ratch Italian Salad Dressing  | 2 floz       | Irish Blend Vegetables 3/4 cu                 | Scratch Italian Salad Dressing                                     | Fresh Baked Roll (3 ozw)         | each            | Whipped Margarine                | 2 ozw   | Whipped Margarine 1 ozw                               | Hamburger Bun                | 1 6            |
| mburger Bun                   | each         | Hamburger Bun<br>1 eac                        | Fresh Baked Garlic Roll (3 ozw)                                    | Whipped Margarine                | ozw             | Fresh Baked Lemon Cookie (3 ozw  |         | Iced Banana Cake                                      | Whipped Margarine            | 1              |
| nipped Margarine              | 1 ozw        | Whipped Margarine                             | Whipped Margarine  | Fresh Baked Sugar Cookie (3 ozw) |                 | Fruit Drink w/ Vitamin C         | cup     | Fruit Drink w/ Vitamin C<br>1 cup                     | Fresh Baked Sugar Cookie (   |                |
| esh Baked Oatmeal Cookie (3   | ozw)<br>each | Iced White Cake                               | Oatmeal Peanut Butter Cookie (3 ozw)                               | Fruit Drink w/ Vitamin C         | cup             |                                  |         |   | Fruit Drink w/ Vitamin C     | 1              |
| uit Drink w/ Vitamin C        | 1 cup        | Fruit Drink w/ Vitamin C                      | Fruit Drink w/ Vitamin C   |                                  |                 |                                  |         |   |                              |                |
| eal Name: Evening             |              |   | p   1 cup  |                                  |                 |                                  |         |   |                              |                |
| eese Crackers w/ Peanut But   | ter<br>each  | T. Salami<br>2 oz                             | String Cheese & Saltine Crackers (1 w each / 3 pks of 2) 1 serving | Turkey                           | ozw             | Cheese Crackers w/ Peanut Butter | each    | Peanut Butter 3 tablespoon                            | T. Ham                       | 2              |
| plesauce                      |              | Mayo-Type Dressing                            | Strawberry Yogurt Cup (4 oz)                                       | Cheese                           |                 | Applesauce                       |         | Grape Jelly   | Cheese                       |                |
| 0% Orange Juice (4 oz)        | 1 cup        | 1/2 fl o                                      | 100% Orange Juice (4 oz)   | Flour Tortilla (6")              | OZW             | 100% Orange Juice (4 oz)         | cup     | 3 floz<br>Enriched Bread                              | Enriched Bread               | 1              |
| 1                             | each         | 100% Apple Juice (4 oz)                       |  | 100% Apple Juice (4 oz)          | each            | 1                                | each    | 2 slice<br>100% Apple Juice (4 oz)                    | 100% Orange Juice (4 oz)     | 2              |
|                               |              | 1 eac   | 11   | 1                                | each            |                                  |         | 1 each  | I .                          | 1 €            |

## Fall Winter 2021-2022

Minimum of 3500 calories daily
A choice of Skim or 1% milk will be offered at breakfast & lunch
Final Rule Nutrition Standards in the National School Lunch Program (Grades 9-12) – Jan. 2012



Wook:

| MONDAY  |               | TUESDAY                                      | WEDNESDAY  | THURSDAY                                    | FRIDAY                                       | SATURDAY  | SUNDAY                           |
|---|---------------|--|--|---|--|---|----------------------------------|
| leal Name: Breakfas                             | t             |  |  |   |  |   |                                  |
| anana 1   | each          | Apple 1 each                                 | Orange 1 each  | Banana<br>1 each                            | Apple 1 each                                 | Orange 1 each                                   | Banana 1                         |
| Vhole Grain Breakfast Burrito                   | each          | Whole Grain Pancakes 2 each                  | Toasted Oats Cereal 1 cup  | Sweetened Whole Grain Oatmeal LF<br>1/2 cup | Corn Grits LF                                | Toasted Oats Cereal 1 cup                       | Sweetened Whole Grain Oatmeal    |
| eanut Butter                                    | ozw           | Syrup 2 fl oz                                | Breakfast Sausage (1 ozw each) 1 patty                           | Scrambled Eggs w/ Onions & Peppers<br>3 ozw | Breakfast Sausage (1 ozw each) 1 patty       | LowFat Cream Cheese 1 each                      | Hard Cooked Egg                  |
| Grape Jelly                                     | 3 fl oz       | Cottage Fries LF/LS 1/2 cup                  | Whole Wheat Bread 1 slice  | WG Flour Tortilla (6")<br>1 each            | Whole Wheat Bread<br>1 slice                 | Whole Grain Bagel 1 each                        | Grape Jelly                      |
| Vhole Wheat Bread                               | slice         | 100% Apple Juice (4 oz)  1 each              | Grape Jelly 1/3 fl oz  | Taco Sauce 1 packet                         | Lyonnaise Potatoes LF/LS 1/2 cup             | 100% Apple Juice (4 oz)<br>1 each               | Whole Wheat Bread                |
| 00% Apple Juice (4 oz)                          | each          | Milk-Student Choice (Half Pint)  1 each      | 100% Apple Juice (4 oz)  | 100% Apple Juice (4 oz)                     | 100% Apple Juice (4 oz)                      | Milk-Student Choice (Half Pint)  1 each         | 100% Apple Juice (4 oz)          |
| Milk-Student Choice (Half Pint)                 | each          |  | Milk-Student Choice (Half Pint)  1 each                          | Milk-Student Choice (Half Pint) 1 each      | Milk-Student Choice (Half Pint)  1 each      |   | Milk-Student Choice (Half Pint)  |
| leal Name: Lunch                                |               |  |  |   |  |   |                                  |
| . Salami 4                                      | ozw           | Savory Stroganoff (2.5 MMA) 6 ozw            | Whole Grain American Goulash (2.5 MMA) 10 ozw                    | T. Hot Dogs (1.5 oz each) 2 each            | Whole Grain T. Sausage & Cheese Pizza 1 each | Chili w/Beans (2 oz gd turkey)                  | T. Ham                           |
| fustard   | 3 fl oz       | Whole Grain Brown Rice LF 1 cup              | Corn LF<br>1/2 cup   | Mustard<br>1/3 fl oz                        | Ranch Pinto Beans LS<br>3/4 cup              | Whole Grain Brown Rice LF<br>1/2 cup            | Whole Grain Mac & Cheese         |
| Vhole Wheat Bread                               |               | Carrots LF                                   | Garden Salad   | Whole Wheat Hot Dog Bun                     | Garden Salad                                 | Corn LF   | Kettle Blend Mixed Vegetables LI |
| Broccoli LF                                     | slice         | Garden Salad                                 | Ranch Salad Dressing   | Coney Pinto Beans LS                        | Ranch Salad Dressing                         | 1/2 cup<br>Coleslaw Vinaigrette                 | Garden Salad                     |
| 2/2<br>Coleslaw Vinaigrette                     | 2 cup         | French Dressing LF                           | 1/2 fl oz  | Broccoli 1 cup                              | 1/2 fl oz<br>Peaches (canned)                | 1/2 cup<br>Whole Wheat Bread                    | French Dressing LF               |
|   | 2 cup         | Apple 1/2 fl oz                              | Mixed Fruit (Canned)   | Apple 1/2 cup                               | Garlic Whole Wheat Bread LF                  | 1 slice<br>Cinnamon Apples                      | Whole Wheat Bread                |
|   | 2 cup         | Milk-Student Choice (Half Pint)              | 1/2 cup  | Milk-Student Choice (Half Pint)             | 1 slice<br>100% Orange Juice (4 oz)          | 1/2 cup   |                                  |
|   | each          | 1 each                                       | 1 each   | 1 each                                      | 1 each                                       | 1 each  | Apple                            |
| Milk-Student Choice (Half Pint)                 | each          |  | Milk-Student Choice (Half Pint)  1 each                          |   | Milk-Student Choice (Half Pint)  1 each      | Milk-Student Choice (Half Pint) 1 each          | Milk-Student Choice (Half Pint)  |
| leal Name: Dinner                               |               |  |  |   |  |   |                                  |
| Spaghetti & Italian Sauce (4 oz gd<br>urkey) 12 | ozw           | Country Patty (3 ozw each)  1 patty          | Oven Fried Breaded Fish Patty (3 ozw) 1 patty                    | Baked Meatloaf (3 ozw each)  1 patty        | Turkey Pot Pie (4 oz diced) 12 ozw           | Crispy Chicken Patty (3 ozw each) 1 patty       | Smoked T. Sausage (3 oz each)    |
| rish Blend Vegetables                           | cup           | Vinaigrette Macaroni Salad 2 cup             | Tartar Sauce   | Gravy 4 floz                                | Broccoli & Carrots                           | Gravy 4 floz                                    | Yellow Rice                      |
| Peas  |               | Green Beans                                  | Yellow Rice  | Green Beans                                 | Navy Beans                                   | Parsley Potatoes                                | Kettle Blend Mixed Vegetables    |
| Garden Salad                                    | cup           | Hamburger Bun                                | Baked Beans  | Mashed Potatoes                             | Bakery Biscuit (1/60 2@)                     | Glazed Carrots                                  | Hot Dog Bun                      |
| Scratch Italian Salad Dressing                  | cup           | Whipped Margarine 1 each                     | Kettle Blend Mixed Vegetables                                    | Carrots 2 cup                               | 1/30 cut<br>Whipped Margarine                | 1/2 cup<br>Hamburger Bun                        | Kidney Beans LF                  |
| Fresh Baked Garlic Roll (3 ozw)                 | floz          | Fresh Baked Cherry Cookie (3 ozw)            | 1 cup<br>Hamburger Bun   | Fresh Baked Roll (3 ozw)                    | 1 ozw Fresh Baked Oatmeal Cookie (3 ozw)     | 1 each<br>Whipped Margarine                     | Whipped Margarine                |
|   | each          | 1 each                                       | 1 each   | 1 each                                      | 1 each Fruit Drink w/ Vitamin C              | 1 ozw   | land Danasa Oalia                |
| Vhipped Margarine                               | ozw           | Fruit Drink w/ Vitamin C 1 cup               | Whipped Margarine 1 ozw  | Whipped Margarine 1 ozw                     | 1 cup  | Fresh Baked Snickerdoodle Cookie (3 ozw) 1 each | Iced Banana Cake                 |
| Datmeal Peanut Butter Cookie (3 o               | ozw)<br>each  |  | Fresh Baked Snickerdoodle Cookie (3 ozw) 1 each                  | Frosted Pink Cake<br>1/60 cut               |  | Fruit Drink w/ Vitamin C                        | Fruit Drink w/ Vitamin C         |
| Fruit Drink w/ Vitamin C                        |               |  | Fruit Drink w/ Vitamin C   | Fruit Drink w/ Vitamin C                    |  | 1 545   |                                  |
| leal Name: Evening                              | cup  <br>Snac | k  | 1 cup  | 1 cup                                       | <u> </u>                                     |   |                                  |
| Cheese Crackers w/ Peanut Butter                |               | T. Salami 2 ozw                              | String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving | Turkey 2 ozw                                | Cheese Crackers w/ Peanut Butter<br>1 each   | Peanut Butter 3 tablespoon                      | T. Ham                           |
| Applesauce                                      |               | Mayo-Type Dressing                           | Strawberry Yogurt Cup (4 oz)                                     | Cheese                                      | Applesauce                                   | Grape Jelly                                     | Cheese                           |
| 00% Orange Juice (4 oz)                         | cup           | 1/2 fl oz<br>Enriched Bread                  | 1 each<br>100% Orange Juice (4 oz)                               | Flour Tortilla (6")                         | 1 cup<br>100% Orange Juice (4 oz)            | 3 fl oz<br>Enriched Bread                       | Enriched Bread                   |
| 1   | each          | 2 slice<br>100% Apple Juice (4 oz)<br>1 each | 1 each   | 2 each<br>100% Apple Juice (4 oz)<br>1 each | 1 each                                       | 2 slice<br>100% Apple Juice (4 oz)<br>1 each    | 100% Orange Juice (4 oz)         |
|   |               |  |  | ı each                                      | 1  | ı ı each i                                      | 1                                |

| Reviewed 2/22            | Aramark Dietitian's Signature:          | - S.K., MA, KON, LON, #88090046 | Client's Signature: _           |                           |                             | Date:         | FLM Signature:                            | Date:   |              |
|--------------------------|---|---------------------------------|---------------------------------|---------------------------|-----------------------------|---------------|---|---|--------------|
|                          |   | S.R. MA, RON, LON, #56090046    |                                 |                           |                             | _             |   | _   |              |
| In accordance with AC    | A Standard (Ref. 5-ACI-5C-04) (MAND     | DATORY) Menu evalua             | ations are conducted at least q | juarterly by food service | ce supervisory staff to ver | rify adheren  | nce to the established daily servings.    |   |              |
|                          | ENU REVIEW (initial/date) Q1            | Q2                              | Q3                              | Q4                        |                             |               |   |   |              |
| National Academy of S    | ciences. Adequate levels of protein,    | vitamin A, vitamin C, ca        | alcium, and iron are included.  |                           |                             |               |   |   |              |
| NUTRITION STATEME        | ENT: This menu meets the nutritional    | guidelines of the Ame           | rican Correctional Association  | which are based upo       | on the current DRI's for ma | ales and fer  | males 9 to 18 years as established by the | ne Food and Nutrition Board of the Institute of               | of Medicine, |
| ^This item made with n   | nechanically separated poultry used in  | accordance with USD             | A standards.                    |                           |                             |               |   |   |              |
| prepared with margarin   | ne unless indicated as LF (Low Fat). No | o pork is used unless it        | tem is named pork. Imitation    | cheese with calcium       | is used.                    |               |   |   |              |
|                          |   |                                 |                                 |                           |                             | to cooking.   | Side dishes are volume measurement        | <ul> <li>All starches, vegetables, and cooked cere</li> </ul> | eal are      |
| All entree portions purc | mased fully cooked, within manufactur   | er tolerance specificati        | ons, are weight measurement     | is prior to reneating.    | Casseroles and combinat     | tion items ii | made irom scraich are based upon appro    | oximate cooked weight measurements. We                        | agnis on     |